

Erin



Hi there!

My name is Erin and I've been a group fitness instructor for over 7 years. My passion for yoga and wellness started in my teens when I fell in love with fitness classes at the local gyms and yoga studios in the Quad Cities. While earning my undergrad in Kinesiology (the study of body movement) at Iowa State University, I got my group fitness certification and began teaching classes ranging from cycling and kickboxing to pilates and strength training. I jumped at the opportunity to get my yoga certification (through YogaFit) in 2013 and have been teaching classes ever since!

In 2016, I started teaching fitness classes to a variety of local businesses I'm partnered with through my company All-Inspired Wellness. Teaching in a corporate wellness atmosphere is such an experience because it brings people out of their comfort zones and helps them understand how good their bodies are meant to feel! My mission is to help people live happier, healthier, and more vibrant lives, so through every class I teach I hope to do just that.

I consider myself a fitness/wellness JUNKIE, always looking forward to trying something new and challenging my body in different ways. One of my training philosophies is to make exercise FUN and something you look forward to daily. I always say the best workout is the one you enjoy and will actually do! That's why I'm so excited to bring this heart-pumping new class to The Zen Box community and am confident you'll love it as well!